Heart Support Groups
North West
Heart Support Groups

We raise money to research cures and treatments to beat heartbreak from heart and circulatory diseases like heart disease, stroke, vascular dementia and their risk factors like diabetes. These diseases can happen to anyone and everyone. By funding the research that will find cures and end the heartbreak they cause, we hope to realise our vision of a world without heart and circulatory diseases.

Set up by patients and carers, our affiliated Heart Support Groups provide support and friendship to anyone who has been affected by the emotional and physical strain of having a heart and circulatory diseases. Having been through it themselves they know what it takes to get that fighting spirit back.

Based on the recommendations of Heart Support Groups, the BHF has developed this directory. It’s been created to help you find and connect with your nearest group and ensure more and more people are getting the support they need.

With over 200 affiliated groups it can be difficult to find one that’s right for you. That’s why we’ve separated the groups based on their locations and provided as much information about them as we can. This includes their contact details, the activities they do, when and where they meet as well as their website if they have one.

If you’d like to find out more general information about Heart Support Groups, visit our website.

Alternatively you can email heartsupportgroups@bhf.org.uk or call our Heart Helpline on 0300 330 3311 (open 9am to 5pm Monday to Friday, similar cost to 01 or 02 numbers).

Social activities
Exercise classes
Walking groups
Ward/rehab visits
Befriending schemes
Networking with other groups
Providing a patient perspective
Campaigning for change
Fundraising
Volunteering for BHF
Meetings

Heart Helpline 0300 330 3311
Heart Support Groups North West

### Heart Concern – Lancaster, Morecambe and District Heart Support Group

**Group contact**
Call Christine on 01524 67859 to find out more

**Venue address**
St. Thomas Centre, Marton Street, Lancaster LA1 1XX

**Group activities**
- Social activities
- Exercise classes
- Walking groups
- Ward/rehab visits
- Befriending schemes
- Networking with other groups
- Providing a patient perspective
- Campaigning for change
- Fundraising
- Volunteering for BHF
- Meetings

**Meeting Times**
The group meet on the first Tuesday of the month at 7:30pm

**Website**
heartconcern.co.uk

### Heartbeat NWCC

**Group contact**
Call Sian on 0177 271 7147 to find out more

**Venue address**
Sir Tom Finney Way, Preston, Lancashire PR1 6PA

**Venue address**
For additional venues and details please see groups website

**Group activities**
- Meetings

**Website**
heartbeat-nwcc.org.uk

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North West

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0300 330 3311

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Heart Support Groups

4 St. Helens Heartbeat Cardiac Support Group
Group contact
Call Elsie on 0174 473 9535 to find out more
Venue address
Unison Social Club, Bishop Road, St Helens WA10 6SX
Venue address
Chain Lane Community Centre, Hinckley Road, Saint Helens WA11 9HT
Group activities

Meeting Times
The group meet on the third Tuesday on each month

5 Ormskirk Pulsators
Group contact
Call Sylvia on 0169 572 6231 to find out more
Venue address
Ormskirk Cafe Primary School, Greetby Hill, Ormskirk L39 2DP
Group activities

Meeting Times
The group meet on Monday and Friday evenings at 4:45pm - 5:45pm

6 Broadgreen Heart Support Group
Group contact
Call Kathleen on 0151 487 0901 to find out more
Venue address
Broadgreen Hospital Exercise, Rehabilitation Department, Thomas Drive, Liverpool, Merseyside L14 3LB
Group activities

Meeting Times
The group meet once a month at 1pm-3pm

7 St Helens Heart Support Group
Group contact
Call Len on 0192 522 6929 to find out more
Venue address
Unison Social Club, Bishop Road, St Helens WA10 6SX
Group activities

Meeting Times
The group meet on the second Tuesday of the month at 7.45pm

8 Newton and Haydock Heart Support Group
Group contact
Call our Heart Helpline for details
Venue address
Cross Lane United Church, 11 Cross Lane, Merseyside WA12 9PT
Group activities

Meeting Times
The group meet on the last Thursday of the month 2.00pm to 4.00pm

9 Chester Heart Support Group
Group contact
Call Elizabeth on 0124 453 5788 to find out more
Venue address
St Columba’s Church Hall, Plas Newton Lane, Newton, Chester CH2 1SA
Group activities

Meeting Times
The group meet on the first Monday of the month at 7:30pm
Website
chesterheartsupportgroup.co.uk
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- Bolton
- Bury
- Heywood
- Middleton
- Leigh
- Salford
- Urmston
- Withington
- Wythenshawe
- Newton Heath
- Stockport
- Wilmslow
- Macclesfield

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Bolton Cardiac Support Group

Group contact
Call David on 01204 30 0661 to find out more

Venue address
Friends Meeting House, 50 Silverwell Street, Bolton BL1 1PP

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Rochdale Heartbeat

Group contact
Call Pam on 01706 559480 to find out more

Venue address
Callaghan House, Green Lane, Heywood, Lancashire OL10 2DY

Group activities
Meeting Times
The group meet on the third Wednesday of the month at 7:15pm

Website
www.rochdaleheartbeat.co.uk

Bury Heartcare Support Group

Group contact
Call Jeff on 0161 766 5890 to find out more

Venue address
Fairfield General Hospital, Rochdale, Old Road, Bury BL9 7TD

Group activities
Meeting Times
The group meet on Wednesday and Friday 10:00 – 12:00pm

Middleton Heartline Club

Group contact
Call Peter on 0161 728 5060 to find out more

Venue address
Middleton Arena, Corporation Street, Middleton Manchester M24 1AG

Group activities

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Leigh Healthy Heart Club

Group contact
Call our Heart Helpline for details
Venue address
Leigh Miners Welfare Institute, Kirby Road, Leigh, Lancashire WN7 4EF
Group activities

Meeting Times
The group meet at 7pm on the second Monday of the month

Salford Heart Care

Group contact
Call Serena on 0161 707 7402 to find out more
Venue address
Irlam Steel Club Function Room, Liverpool Road, Irlam Manchester M44 6AJ
Venue address
St Paul’s Peel Church Hall, Witton Road, Salford Manchester M38 9EG
Venue address
De La Salle Sports and Social Club, Lower Street, West Harnham M6 8AQ
Venue address
Patricroft United Reformed Church, 131 Shakespeare Crescent, Eccles, Manchester M30 0PE

Trafﬁord Strong Heart Group

Group contact
Call Janet on 01606 333274 to ﬁnd out more
Venue address
George H Carnall Leisure Centre, Kingsway Park, Urmston, Manchester M41 7FJ
Group activities

Meeting Times
The group meet on Tuesdays at 10:00-11:00am

The Ticker Club

Group contact
Call John on 07771 718339 to ﬁnd out more
Venue address
No set venue
Group activities

Website
thetickerclub.co.uk

HeartHelp Support Group Withington

Group contact
Call Angela on 0161 432 7111 to ﬁnd out more
Venue address
Withington Methodist Church Building, 439 Wilmslow Road, Withington, Manchester M20 4AN
Group activities

Meeting Times
The group meet on Tuesdays at 10am-12 noon

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Leigh Healthy Heart Club

Meetings

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North West
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20 Sound Heart Support Group

Group contact
Call John on 0161 681 9276 to find out more
Venue address
Heathfield Resource Centre, Heathfield Street, Newton Heath, Manchester M40 1LF
Group activities

Meeting Times
The group meet on Tuesdays at 10:00am - 12:00 noon

21 Stockport Heart Support Group

Group contact
Call Janet on 0161 483 9828 to find out more
Venue address
St Peter’s Parish Centre, 16 Green Lane, Hazel Grove, Cheshire SK7 4EA
Group activities

Meeting Times
The group meet on Wednesdays at 1:00pm- 3:00pm
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Wilmslow Active Hearts
Group contact
Call Richard on 0162 553 2528 to find out more
Venue address
Wilmslow Leisure Centre, Rectory Fields, Wilmslow
SK9 1BU
Group activities
Meeting Times
The group meet every weekday morning at 8:45am or 9:15 am

Macclesfield and District Cardiac Support Group
Group contact
Call Leslie on 01625 584135 to find out more
Venue address
Institute Hall All Saints Church, Brough Street West, Macclesfield
SK11 8EL
Group activities
Meeting Times
The group have drop in exercise sessions on Tuesdays (2:00 – 3:00pm and 3:00 – 4:00pm) and Thursdays (7:00 – 8:00pm) except on the second Thursday of the month when they hold their monthly meeting instead

Heartwise Heart Support Group
Group contact
Call Joanne on 0161 499 9334 to find out more
Venue address
Dandelion Community Centre, Oatlands Road, Manchester M22 1AH
Group activities
Meeting Times
The group meet every Tuesday at 11:30am – 3.00pm
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Manx Heart Support Group

Group contact
Call Winifred on 0162 461 1273 to find out more
Venue address
No set venue
Group activities

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Venue address
No set venue
Group activities

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BHF Affiliated Heart Support Groups

If you’d like to find out more about Heart Support Groups call 0300 330 3311 (open 9am to 5pm Monday to Friday, similar cost to 01 or 02 numbers) or email heartsupportgroups@bhf.org.uk

Resources

If you’re interested in setting up your own Heart Support Group, order our Heart Support Group Manual - “Getting going and keeping going” which is filled with hints and tips for starting and running your group.

The BHF has produced a booklet, “Heart to Heart – Heart disease and your emotional health”, which looks into the emotional strain of dealing with a heart condition or diagnosis and ways to cope with it.

We also have many other resources that provide information about a range of heart and circulatory diseases and their risk factors, as well as advice on living healthier.

To order any of our resources, visit bhf.org.uk/publications or call the BHF orderline on 0870 600 6566. Our resources are free of charge, but we rely on donations to continue our vital work.

BHF Heart Helpline

If you’d like information or support about your heart and circulatory health call 0300 330 3311 to speak to one of our Cardiac Nurses (open 9am to 5pm Monday to Friday, similar cost to 01 or 02 numbers). They can give you information and support about heart and circulatory diseases, and their risk factors. This includes conditions such as heart disease, stroke, vascular dementia and diabetes.

MIND Infoline

If you’d like information or advice around mental health call the MIND Infoline on 0300 123 3393 (open 9am to 6pm Monday to Friday, calls from landlines charged at local rates) or email info@mind.org.uk
Research has given us machines that can restart hearts, the ability to fix arteries in tiny babies, devices to correct heartbeats, the power to give someone a heart they weren’t born with, and so much more.

We’ve helped transform survival rates but heart and circulatory diseases still kill 1 in 4 people in the UK, they cause heartbreak on every street. And our work is urgent and vital as ever.

Our research, is the promise to protect the people we love. Our parents. Our brothers. Our sisters. Our grandparents. Our closest friends.

Research is who we are. The promise of future cures and treatments. The promise to beat heartbreak forever.

Everyone’s donations have got us this far. Every breakthrough we’ve made has been funded by people like you.

The money you donate makes a real difference and together, we can beat heartbreak forever.

Text BEAT to 70123 to donate £3 to help us beat heartbreak forever.

This is a charity donation service for the BHF. Texts cost £3 + 1 standard rate msg. The BHF will receive 100% of your donation to fund our life saving research.

To opt out of calls and SMS text NOCOMMS BHF to 70060, or if you have any questions about your gift call 02032827862.

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